SLEEP APNEA
(Obstructive Sleep Apnea)
(Central Sleep Apnea)

1. Pre-Disposing Factors and Clinical Indicators: Snoring is not the same as sleep apnea, snoring is simply a loud sound made during breathing while asleep, with no obstruction in the airway. Obstructive sleep apnea is common and caused by a breathing obstruction which stops air flow and causes oxygen deprivation due to complete blockage of the airways. Central sleep apnea is less common and is a central nervous system disorder that occurs when the brain signal telling the lungs to take in oxygen is delayed. **In any case, thyroid hypofunction must be ruled out as locus to the sleep apnea.**

Central sleep apnea can be the result of any of the following:

a. Chronic respiratory disease.
b. Stroke..
c. Brain tumor.
d. Increased catecholamines.
e. Primary thyroid hypofunction.
f. Thyroid hypofunction secondary to anterior pituitary hypofunction.

Obstructive sleep apnea can be the result of any of the following:

a. Obesity.
b. Enlarged tonsils or adenoids.
c. Nasal blockage.
d. Throat muscles and/or tongue atonicity.

With both obstructive and central sleep apnea common serum changes include increased catecholamines, decreased thiamine, decreased magnesium, indications of thyroid hypofunction or hypofunction secondary to anterior pituitary hypofunction, increased interleukin-6, if the tonsils or adenoids are infected, swelling will generally be present and the WBC and differential will generally reflect infection.

2. Dietary Suggestions:

a. Eliminate refined carbohydrates and mucous producing foods such as dairy products (except butter) and gluten containing grains.
b. Use on pure water for drinking and bathing.
c. If thyroid hypofunction or hypofunction secondary to the anterior pituitary is present, reduce cabbage family food and support as indicated.

Continued On The Following Page:

3. Primary Supplemental Support:

a. **OOrganik-15** - 3 tid.
b. **Black Currant Seed Oil** or **Evening Primrose Oil** - 3 tid.
c. **5-HTP** - 2 bid (reduced serotonin).
d. **Bio-Trophic Plus** - 3 tid or **Pro-Multi Plus** - 3 bid.
e. **Nuclezyme Forte** - 2 tid.
f. **Bio-3B-G** - 3 tid
g. **Acti-Mag Plus** or **Magnesium Orotate** - At bedtime to bowel tolerance.

4. Other Considerations:

a. If thyroid hypofunction or hypofunction secondary to anterior pituitary hypofunction is present, support as indicated in the sections of this manual covering those subjects.
b. If the problem is obstructive and the sinus passages are closed, use **Sign-U-Spray** – As directed by the manufacturer.
c. If infection is present, support as indicated in the section of this manual covering bacterial or sinus infection.
d. If the tonsils or adenoids are very enlarged surgery may be needed.
e. Check vitamin D levels, if reduced use **Bio-D Mulsion Forte** - **4** drops daily.